

## **Etty Budhi Hani Setiati**

### ***Education :***

1. Sarjana Pendidikan ( Sastra Inggris ) Universitas Negeri Jakarta
2. Fitness Leader Australian Council Physical Education & Recreation
3. Reebok University Global Master Trainer
4. Personal Trainer National Academy Sports Medicine
5. Group Trainer National Academy Sports Medicine
6. Group Trainer Aerobic Fitness Association of America
7. Group Trainer American Council on Exercise
8. International Judges & Couches Aerobic Federation
9. International Judges & Couches Federation des Gymnastics
10. Group Trainer Les Mills Program
11. Personal Trainer Life Fitness Academy
12. Personal Trainer International Fitness Professional Association

### ***Experiences :***

1. Pengasuh Rubrik Bugar Tabloid “ NOVA “ ( 1988 – 1991 )
2. Kontributor Rubrik Bugar Tabloid “ Wanita Indonesia “ ( 1990 - 1991 )
3. Kontributor Rubrik Kesehatan Majalah “ NIRMALA “ ( 1998 )
4. Kontributor Rubrik Bugar Majalah “ FIT “ ( 2000 – 2007 )
5. Kontributor Rubrik Kesehatan Majalah “ Her World “ ( 2000 )
6. Kontributor Rubrik Kesehatan Majalah “ Health Today “ ( 2000 – 2001 )
7. Kontributor Rubrik Kesehatan Majalah “ Ayah Bunda “ ( 2007 )
8. Head of Education Department of ASIAFI ( Pusat ) ( 1994 – 1996 )
9. Pencipta “Senam Remaja “ Subkonsorsium senam Departemen Pendidikan Nasional ( 1996 )
10. Pencipta “ Senam Jantung Sehat seri I , Yayasan Jantung Sehat ( 1994 )
11. Pencipta “ Senam seri “ VASELINE HEALTH N’FUN seri I s/d IV, by VASELINE Skin Lotion ( 2002 – 2006 )
12. Pencipta “ Senam AQUAROBIC “ seri I & II by AQUA untuk keluarga Sehat Indonesia ( 2006 – 2007 )
13. Program TV ( Trans TV ) “ VASELINE HEALTH N ‘FUN ( 2002 )
14. International Presenter “ Global Summit “ , Boston, USA, ( 2002 )
15. International Presenter “ ASIAFIT Convention “ , Beijing, CHINA ( 2003 )
16. International Presenter “ Reebok Resolution “ , Taipei, Taiwan ( 2005 )
17. International Presenter “ Reebok Resolution “ , Singapore ( 2005 )
18. International Presenter “ Big Walk Summit “ , Singapore ( 2004 )
19. International Presenter “ Reebok Resolution “ , Hong Kong ( 2006 )
20. International Presenter “ Reebok Resolution “ , Bangkok, Thailand ( 2006 )
21. International Presenter “ Reebok Resolution “ , Jakarta, Indonesia ( 2000 – 2006 )
22. Master Trainer all Reebok University Fitness Workshop ( 2000 – 2007 )

***Award :***

1. Best Aerobic Instructor ( 1989 ) by Clark Hatch Fitness Center
2. Best Choreographer ( 1989 – 1994 ) DIKNAS & Perwosi )
3. International Presenter :Reebok Global Master Trainer, Canton, Massachusetts, USA (2002)